

DINNERLY



Low-Cal Chicken Caesar Salad

with Craisins and Creamy Dressing



20 minutes



2 Servings

All hail the great Caesar salad – especially one that keeps the cals nice and low! We've added chicken for protein, Craisins for pops of sweetness, and croutons and sunflower seeds for crunch.

WHAT WE SEND

- 2 wholemeal rolls ^{1,6}
- 20g sunflower seeds
- free-range chicken tenderloins
- 1 tomato
- 100g mixed salad leaves
- 30g Craisins

WHAT YOU NEED

- 2 eggs (optional) ³
- olive oil spray
- 1 garlic clove
- 2 tbs mayonnaise ³
- 1 tsp worcestershire sauce ⁴
- 1 tsp white wine vinegar ¹⁷

TOOLS

- small saucepan
- oven tray
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Fish (4), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 570kcal, Fat 25.6g, Carbs 30.6g, Proteins 46.5g



1. Boil eggs

Preheat the oven to 200C. Bring a small saucepan of water to the boil for the eggs, if using. Cook **2 eggs** in the pan of boiling water for 6 mins for soft-boiled or 8 mins for hard-boiled. Drain, then cool in cold water.



2. Bake croutons

Meanwhile, tear the **rolls** into 2cm chunks and put in a single layer on an oven tray. Lightly spray with **olive oil** and season with **salt and pepper**. Bake for 5-6 mins until golden and crisp. Set aside to cool.



3. Pan-fry chicken

Put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 3 mins or until evenly golden. Remove from the pan. Return the pan to medium-high heat. Spray the **chicken** with **olive oil** and season with **salt and pepper**. Cook for 3-4 mins each side until browned and cooked through. Remove the pan from the heat.



4. Make dressing

Crush **1 garlic clove** (see Kitchen 101). Put the garlic, **2 tbs mayonnaise**, **1 tsp worcestershire sauce** and **1 tsp white wine vinegar** in a bowl, season with **salt and pepper** and stir until combined. Cut the **tomato** into thin wedges. Peel and halve the **eggs**.



5. Serve up

In a large serving bowl, layer the **salad leaves**, **croutons**, **tomato**, **chicken**, **sunflower seeds**, **Craisins** and **egg**, if using. Drizzle with the **dressing**. Bring to the table for everyone to serve themselves. Enjoy!



6. Kitchen 101

Garlic used raw needs to be finely minced. If you don't have a garlic crusher, adding a little salt to the garlic on the chopping board helps.